

Reports on the Effects Long-Term Participation In The Monroe Institute Programs

Participant C

How does the Spirit move across the Face of the Earth?

The Story of Participant C

Growing up on a farm can be a lonely existence. However, he never felt overly burdened by the fact that his sister was his only company through the first 10 years of his life. Being outdoors was more than enough of an adventure to keep his young mind fully engaged. "I liked being in the forest. I liked the peacefulness and the energy. I tended to always find space to myself."

When he was 4 he remembers jumping on a pile of sawdust from a logging camp only to find he was out-of-body. When he was 8 he recalls looking at a grove of trees and just sinking into them when all of a sudden, he shifted into the land of faeries. He would often find himself running through the forest. "It was easy to get into a meditative state while running."

In a statement that underlies his orientation, he recalls, "the world seemed like a harsh place." To paraphrase Wordsworth, the world of getting and spending laid waste his powers. Maybe that explains why he never enjoyed going to the mall at the nearby town. "I got tired being around the people there."

Understanding Transpersonal Experiences

- Obviously the beliefs I hold do matter, but at what layer of consciousness do I hold these beliefs? How did I come to be here in this reality? Obviously my little self didn't choose this for my little self. That belief must have been held at the Higher Self level for this reality to be in the first place and for me to be here. It becomes difficult to sort through at what level I am holding the beliefs I use to create the reality I am experiencing - some would seem quite conscious like taking the first steps toward the sink.

What is on the Other Side of the Rainbow?

Engagement of Multiple Intelligences

I have been spiritually oriented since a child. When I was 4 years old I jumped on a pile of sawdust only to find I was out-of-body. Some years later, I remember running around the edge of the lake in the trees. It was easy to get into a meditative state while running.

- Runs several businesses of his own that include farming and energy distribution.
- Book co-author
- Canoeing, Rowing, and Baseball as a child. Became a Life Guard. Continues to play slow pitch softball.

Other Personal Development Activities

- Has been doing Transcendental Meditation for many years and works with Bub Hill on Joshiah.

Anticipation of Liminal States

- An experience shared by
- **Participant C** characterizes the liminal state taken to its transcendent conclusion. He was explaining what happened to him one day while he was driving. Suddenly, everything just vanished and I am in an eternal moment as a point of consciousness that can see in all directions. There are lines of light going away from me; my possible and probable futures [. . .] And between every moment Here, I am in a moment There, and I am holding different memories of the future and the past, every moment. It kind of reminded me of the white frames in between the movie pictures. When I asked him what was different for him now, he replied, “in a way nothing and in a way everything.”

Relationship with Inner Guidance

- The feeling of the higher self being present never leaves.

Playfulness Towards Life

- In any reality, it is impossible not to hold our Higher Self consciously, and yet we are attempting to do it. We are all completely mad, mad as hatters, living a delusion that we are separate from our Higher Self.
- The inner search for the absolute has been the firmest direction of my intention, my interest. And in this reality there are so few absolutes. The only one that I have found is that belief proceeds reality.
- While I agree that we are that which existed before creation, once creation started, once we separated ourselves from that which is, we became I or god, and with the “I” thought came the “I am,” the equal peace with the oneness, and with that original separation from that which we are came creation. Creation is eternal, we can’t turn it off. There is only endless experiencing, we can’t turn it off. This is my belief.
- Compassion for Oneself and Others
- I was in a car crash as a teenager. I was terrified when suddenly I felt these hands on my shoulders and I knew I was safe.

Reflections

Everyday that I am at TMI is a perfect day.

